

Carrot Quinoa Muffins



These muffins make an outstanding grab and go breakfast item for the kids. They are not only hearty and healthy, but bursting with flavors of cinnamon and brown sugar!

Ingredients for 24 servings:

1. 1 1/3 cups water
2. 1/2 cup quinoa rinsed and drained
3. 1/2 pound flour, whole-wheat
4. 1/2 pound flour, all-purpose, enriched
5. 1/3 cup baking powder
6. 1 1/2 Tb cinnamon, ground
7. 1/2 Tb salt, kosher
8. 4 large eggs
9. 1 cup oil, vegetable
10. 1 cup sugar, brown packed
11. 1 cup yogurt, plain or vanilla, low-fat
12. Zest from one orange
13. 1-1/2 cups carrots, grated

Directions:

1. Bring water to a boil in a large saucepan.
2. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes.
3. Spread on a sheet pan and let cool
4. Preheat convection oven to 375° F or conventional oven to 400° F.
5. Line 48 muffin tins with muffin tin liners. Coat the muffin tin liners with cooking spray.
6. Sift whole-wheat flour, all-purpose flour, baking soda, cinnamon and salt in a large bowl.
7. Whisk eggs in another large bowl.
8. Add oil, sugar, yogurt and orange zest; whisk until smooth.
9. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)
10. Stir carrots and the cooked quinoa into the batter until they are just incorporated.
11. Fill the prepared muffin tins with the batter.
12. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.